

Practical Mental Health Toolbox

MY NATURAL SUPERPOWERS

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- ▶
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WHERE IS MY JOY

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- ▶
- ▶
- ▶

● RESILIENCE

What skills do I have/ did I surprise myself with?

What resilience skills will I build on as I meet new challenges?

● MY TOOLKIT

in moments of depletion

My flow activities to change my state

regular play/creativity space

SELF COMPASSION

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PAUSES AND MICRO STEPS

My SOS pause is.....

My microstep (too small to fail) is.....

● BEING KIND TO ME

Words I will use

To be as kind to myself as I naturally am to others

Actions

Letting go of perfectionism

● BRAIN TRAINING

Pauses

Pause moments during the day

Microsteps

Small actions to support my wellbeing

BOUNDARIES AS EXQUISITE SELF CARE

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NATURE AS NOURISHMENT

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▶
▶

● BUILDING STRONG BOUNDARIES

Words I will use

No

Actions

What are your values and your vision for you? They will show you your boundaries

● FREE MEDICINE

Immersion

How will you get your dose of green/ blue space?

Internal landscape

How will you connect with

THE POWER OF GRATITUDE

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● REWIRING THE BRAIN

MY DAILY GRATITUDE PRACTISE....

EQUANIMITY-MY INNER CALM

One Minute Practise

Mindful Breathing

Muscle Relaxation Practise

Bodyscan For Sleep

● HABIT ENERGY

After the workshop

What habit will build your inner calm?

Watch For The Shiny Objects

You only need one SOS practise and one regular practise for connecting with your inner calm.

Beannacht

By John O'Donoghue (Echoes of Memory)

On the day when
the weight deadens
on your shoulders
and you stumble,
may the clay dance
to balance you.
And when your eyes
freeze behind
the grey window
and the ghost of loss
gets in to you,
may a flock of colours,
indigo, red, green,
and azure blue
come to awaken in you
a meadow of delight.
When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the waters
a path of yellow moonlight
to bring you safely home.
May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.
And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.



Mindful
FACILITATION